



# Bells Bend Outdoor Center

4187 Old Hickory Blvd.  
Nashville, TN 37218

(615) 862-4187

[bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)

## Outdoor Center Hours

Tuesday-Friday: 12-4pm

Saturday: 9am-4pm

and by appointment

Bells Bend Park is open 7 days  
a week from dawn until dusk.



## Spring 2022 Program Schedule

*During the COVID-19 pandemic, please remember to socially distance from program leaders and other participants. Masks may be required. Pre-registration is currently required for all programs, so please call (615) 862-4187 to make sure there is a spot available to you.*

### March

#### Tennessee Arbor Day Hike



Friday, March 4th  
9:00-11:00A.M.  
Age level: All ages  
Call to register

Arbor Day's purpose is to encourage people to plant trees, and many communities traditionally take the opportunity to organize tree planting and litter collecting events on or around the holiday. Join a park naturalist on a hike to celebrate Bells Bend's trees.  
Leader: Krista Allen

#### Bells Bend Park Weed Wrangle



Saturday, March 5th  
9:00A.M.-12:00P.M.  
Age level: All ages  
Call to register

Join park staff and The Garden Club of Nashville in the removal of unwanted invasive plants at Bells Bend Park! As part of the annual Nashville Weed Wrangle, you can help restore and beautify the park for future generations.  
Leader: Park staff in partnership with The Garden Club of Nashville & Hands on Nashville

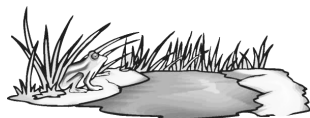
#### Wild Woman Walk



Tuesday, March 8th  
1:00-3:00P.M.  
Age level: 8+ (due to length of hike)  
Call to register

Celebrate International Women's Day with a hike that is all about highlighting prominent female naturalists, rangers, and ecowarriors. We will meet at the Poplar Creek trailhead to hike the Dove Farm Loop Trail and hear some stories of a few of history's wildest women. Feel free to bring a story to share yourself!  
Leader: Krista Allen

#### Wetlands Hike



Friday, March 11th  
1:00-3:30P.M.  
Age level: All ages  
Call to register

This is a special hike led by Dr. Chris Vanags from Vanderbilt. We will walk roughly 3 miles to some of our park wetlands, where he will talk about the wetlands and discuss his research.  
Leaders: Park staff with Dr. Chris Vanags

#### BSAS Star Party



Saturday, March 12th  
7:00-9:00P.M.  
Age level: All ages  
Call to register

Meet at Bells Bend Outdoor Center to join the members of Nashville's Barnard-Seyfert Astronomical Society for a night of stargazing! Many telescopes and other displays will be available for up close star viewing.  
Leader: Park staff with members of BSAS



For assistance or accommodation, please contact the Bells Bend Outdoor Center, 615-862-4187.

**Please call to register, 615-862-4187.**

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## Spring Break for MNPS– March 14-18

Stop by Bells Bend Outdoor Center to learn more about our park, attend a program, find a hiking trail, check out a mountain bike, and so much more!

### Lucky Four Leaf Clover Hunt



Thursday, March 17th  
1:00-3:00P.M.  
Age level: All ages  
Call to register

Wear green and meet on the back porch to hunt for lucky four leaf clovers! If you find one (or a few) a park naturalist will help you create your own bookmark to use over and over again.  
Leader: Krista Allen

### Full Moon Hike



Friday, March 18th  
6:00-8:00P.M.  
Age level: 8+  
Call to register

Walking a roughly 3 mile loop through the park at nightfall affords the participants the opportunity of observing nocturnal wildlife, gazing at the clear celestial sky, and enjoying the surrounding natural beauty of Bells Bend under the light of a full moon.  
Leader: Krista Allen

### Earth Hour



Saturday, March 26th  
8:30-9:30P.M.  
Age level: All ages

Every year, at 8:30PM on the last Saturday of March, millions of people across the world show their support for our planet, raising awareness of nature loss and climate change - the two biggest threats facing our one home. Join this movement by turning off all the lights in your house from 8:30-9:30PM. Stop by the nature center between 9AM-4PM to find out more ways to celebrate Earth Hour, or give us a call to let us know you are participating and we will add your name to our Earth Hour Wall!  
Leader: Krista Allen

## April

### Spring Wildflower Hike



Saturday, April 2nd  
9:00-10:30A.M.  
Age level: All ages  
Call to register

Join a naturalist for a walk along some of our trails and enjoy the wildflowers and other elements of nature that will be encountered along the way. Meet at the outdoor center and wear suitable walking shoes.  
Leader: Cheryl Medley

## NASHVILLE OUTDOOR RECREATION Festival & Expo

**Saturday, April 9th 2022**  
**9:00A.M.-3:30P.M.**

Spend the day in Bells Bend Park for the 10th Annual Nashville Outdoor Recreation Festival & Expo. Come out and see the latest and greatest equipment, ask questions from the pros, attend a guided hike or workshop, or maybe even try a new activity!

For more information call, (615) 862-4187 or email, [bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)

**Please call to register: 615-862-4187**

Check out programs at other Metro Parks Nature Centers, too.

**For Safety and Security Needs Contact:**

Non life-threatening emergencies: 615-862-8600    Life-threatening Emergencies: 911



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## Wildflower Week at Beaman Park

April 11th-16th

There will be various wildflower programs going on throughout the week at Beaman Park. Please see their program schedule, social media, or call 615-862-8580 for more information.

### Earth Day Trash Pick Up



Friday, April 22nd  
9:00-10:00A.M.  
Age level: All ages

Spend your Earth Day making Bells Bend a cleaner and more beautiful place! Come by Bells Bend Outdoor Center to pick up a bag, and hike around the park to fill it up with trash. Stop by any time while we are open, or walk the roadsides with us from 9-10A.M.  
Leader: Krista Allen

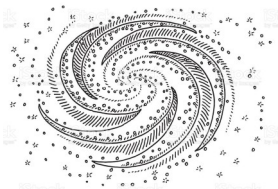
### Lessons from the Lorax



Saturday, April 23rd  
10:00-11:00A.M.  
Age level:  
Call to register

Listen to a park naturalist read *The Lorax* by Dr. Seuss in celebration of Earth Day and participate in an activity that goes hand in hand with the Lorax's environmental teachings.  
Leader: Krista Allen

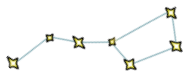
### International Dark Sky Week



April 22nd-30th  
Tues.-Fri. 12-4PM  
Sat. 9AM-4PM  
Age level: All ages

It may seem harmless, but light pollution has far-reaching consequences that are harmful to all living things. Effective outdoor lighting reduces light pollution, leading to a better quality of life for all. The dark sky movement is working to bring better lighting to communities around the world so that all life can thrive. Come by the outdoor center this week to learn more about the movement, and discover the night where you live.  
Leader: Krista Allen

### New Moon Night Hike



Saturday, April 30th  
6:00-8:00P.M.  
Age level: 8+  
Call to register

Celebrate the last night of International Dark Sky Week with us on a new moon hike! We will gaze at the stars, try to spot some prominent constellations, and talk about light pollution, as we hike the River Loop.  
Leader: Krista Allen

### Nashville City Nature Challenge



April 29th-May 2nd  
12:00-4:00P.M.  
Age level: All ages

Biodiversity is everywhere, even in thriving cities. Because a few scientists can't catalog all the plants and animals, we need YOU to be a citizen scientist to document nature in your backyard, schoolyard, or local park. During April 29-May 2, snap a photo and upload your nature observation to the iNaturalist app. Visit the park and help us document as many species as possible.  
Coordinators: Cumberland River Compact and Metro Parks Nature Centers

**Please call to register: 615-862-4187**

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## NTOS Spring Bird Count



Saturday, April 30th  
Email Cyndi Routledge  
to register

The Nashville Chapter of the Tennessee Ornithological Society annual Spring Bird Count will be held on Saturday, April 30th. If you wish to participate, please contact coordinator, Cyndi Routledge, at [routledges@bellsouth.net](mailto:routledges@bellsouth.net)  
For more information check out [NashvilleBirds.org](http://NashvilleBirds.org)  
Leader: Nashville Chapter of the Tennessee Ornithological Society

## May

### Archery Basics



Saturday, May 7th  
10:00A.M.-12:00P.M.  
Age level: All ages  
Call to register

Whether you are a beginner or an experienced archer, come spend a fun afternoon learning and working on your archery skills. Bows and arrows are provided.  
Leaders: Jon Dodson and Krista Allen

### Animal Yoga for Kids



Friday, May 13th  
10:00-10:30A.M.  
Age level: All ages  
Call to register

Yoga has many benefits, but there are plenty of kids out there, especially the ones that are a little wild, who would struggle to follow a yoga routine from start to finish. There's nothing quite like watching active kids participate in animal yoga. This is a relaxing, quiet activity that's keeping their body and mind focused.  
Leaders: Krista Allen

### Citizen Scientist



Saturday, May 14th  
9:00A.M.-3:30P.M.  
Age level: All ages  
Call to register

We need your help to document and photograph the diverse array of flora and fauna found in Bells Bend Park! Meet up outside the nature center so we can make sure you have and know how to use the iNaturalist app, and then we will send you out to find as many species as you can!  
Leader: Park staff

### Lunar Eclipse - BSAS Star Party



Sunday, May 15th  
7:00PM-???  
Age level: All ages  
Call to register

Meet at Bells Bend Outdoor Center to join the members of Nashville's Barnard-Seyfert Astronomical Society and park staff for a night of stargazing and viewing a total lunar eclipse! Many telescopes and other displays will be available for up close star viewing.

#### Lunar Eclipse Timing:

9:27P.M. - Partial Eclipse Begins  
10:29 P.M. - Total Eclipse Begins  
11:11P.M. - Maximum Eclipse  
11:53P.M. - Total Eclipse Ends  
12:55A.M. - Partial Eclipse Ends

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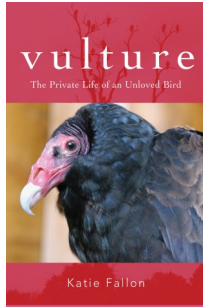




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## May Book Club



Saturday, May 21st  
10:00-11:00A.M.  
Age level: All ages  
Call to register

Join us in independently reading *Vulture: The Private Life of an Unloved Bird* by Katie Fallon. This book follows a year in the life of a typical North American turkey vulture. By incorporating information from scientific papers and articles, as well as interviews with world-renowned raptor and vulture experts, author Katie Fallon examines all aspects of the bird's natural history. After reading this book you will never look at a vulture in the same way again. We will meet on the back porch to discuss our thoughts.  
Leaders: LinnAnn Welch and Krista Allen

## Be Like a Beaver



Saturday, May 21st  
1:00-2:00P.M.  
Age level: All ages  
Call to register

Join us in the backyard of the outdoor center for STEAM challenge! Your task is to build a dam out of natural materials to try and stop water from going through a tinfoil river. Can you be like a beaver? All materials are provided.  
Leader: Krista Allen

## Turtle Day Hike



Tuesday, May 24th  
1:00-2:00P.M.  
Age level: All ages  
Call to register

Hike with a naturalist to some of our park ponds. We'll use binoculars to look for turtles and other pond wildlife to celebrate Turtle Day!  
Leader: Krista Allen

## Knot Tying



Friday, May 27th  
12:00-3:30P.M.  
Age level: All ages

Knot tying is an incredibly useful skill that can come in handy in a wide range of situations. Practice any knots that you already know and learn some new ones! Stop by the nature center and grab an instruction page and some cord to get started! This activity is self-led.

## Flora and Fauna Hike



Saturday, May 28th  
9:00-10:30A.M.  
Age level: All ages  
Call to register

Meet Cheryl at the outdoor center for a hike through the fields of Bells Bend to explore and observe some of the unique and beautiful plants and animals that call our Bells Bend home.  
Leader: Cheryl Medley

**Follow us on social media for: highlights of local flora and fauna, and more information on park programs, special events, and the Friends of Bells Bend.**



**Bells Bend Park**



**@BellsBendPark**



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